

Student Checklist: A Personal Learning Style

Name _____

Period _____ Year _____

Linguistic

- ___ I like to write a lot.
- ___ I like to tell jokes and stories.
- ___ I can remember names, places and things people tell me easily.
- ___ I enjoy word games.
- ___ I enjoy reading books.
- ___ I spell words correctly most of the time.
- ___ I enjoy silly rhymes and tongue twisters.
- ___ I like to listen to people who read or tell stories, to listen to taped stories, or I enjoy talk shows.
- ___ I like to use big words.
- ___ I like to talk a lot.

_____ Total

Logical-Mathematical

- ___ I like to ask questions about how things work.
- ___ I like to figure out math problems in my head.
- ___ I enjoy math.
- ___ I enjoy doing math computer games.
- ___ I enjoy playing board games that use strategy like checkers or chess.
- ___ I enjoy brain teaser games or logic games.
- ___ I like to put things in an organized way like in lists or in groups that make sense to me.
- ___ I like to work on things that are very hard for other people to figure out.
- ___ I understand or like to know what makes things work or happen.
- ___ I can understand the way things are related to each other like multiplication and division.

_____ Total

Spatial

- ___ I can see pictures in my mind very clearly.
- ___ I can read maps, charts and diagrams easily.
- ___ I daydream a lot.
- ___ I love art.
- ___ I can draw people that look like people.
- ___ I can sit for a long time and enjoy looking at the pictures when I watch movies, TV or computer graphics.
- ___ I enjoy doing puzzles, mazes and noticing pictures in detailed drawings.
- ___ I like to build models of real life things.
- ___ When I read, I notice the pictures more than the words and I seem to get more information from the pictures.
- ___ Sometimes I doodle draw when I am thinking or when I am on the phone.

_____ Total

Bodily-Kinesthetic

- ___ I do well in at least one sport.
- ___ I can't sit in one spot for very long without moving.
- ___ I can copy other people's movements very well.
- ___ I love to take things apart and put them back together again.
- ___ I really enjoy running and jumping.
- ___ When I look at something, especially for the first time, I like to touch it.
- ___ I like to do projects that involve working with my hands.
- ___ I use my hands and other facial expressions when I speak.
- ___ I like to think and move around at the same time.
- ___ I like working with clay or finger paints.

_____ Total

In each category check the sentences that apply to you.
(Adapted and modified from Thomas Armstrong materials)

Student Checklist: A Personal Learning Style

(continued)

Musical

- I can tell when music is off key.
- I remember tunes of songs easily.
- I play a musical instrument or sing in a choir.
- I can feel rhythm in poetry, songs, running or other kinds of movement.
- I catch myself humming to myself.
- I tap on the table or desk often.
- I seem to notice background noises outside of my house or classroom like rain or wind.
- I enjoy listening to music.
- I like to sing songs.
- I like to have music playing in the background when I study or am concentrating.

_____ Total

Interpersonal

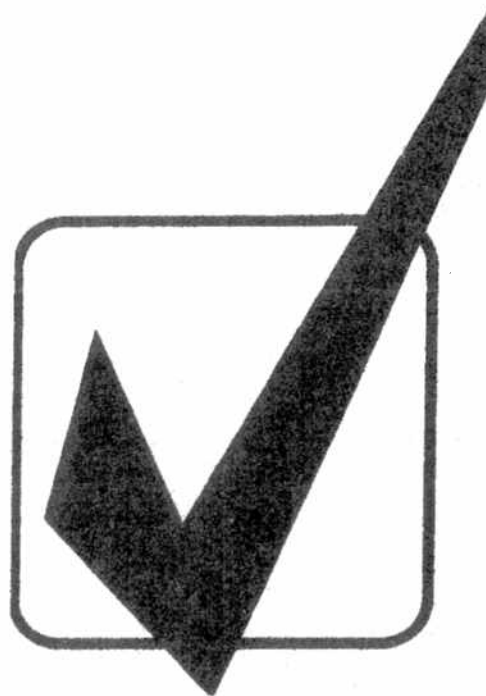
- I do my best work in groups.
- I am usually the one in charge in a group.
- My friends come to me when they need advice or need to talk to someone about a problem.
- I deal well in situations with people where other people may have difficulties.
- I enjoy teaching my friends things I know and sharing my time with them.
- I would rather play in a medium to large group than be alone or in a small group.
- I have more than one best friend.
- I really care about my friends and what happens to them.
- I seem to always be around many people.
- I am comfortable being in front of others.

_____ Total

Intrapersonal

- I like to do things on my own.
- I have strong opinions about most things.
- I usually do my best work when I am alone.
- It is okay with me to be different from my friends.
- I have a hobby or interest that no one really knows about.
- I know what I like to do and I usually do it.
- I like to do things my way.
- I would rather work alone than in a group if I have the chance.
- I can usually explain how I feel to someone else.
- I think I know why I believe what I believe.

_____ Total



In each category check the sentences that apply to you.
(Adapted and modified from Thomas Armstrong materials)